

**ABSTRACT OF THE DISCLOSURE**

A tailoring guide is used for taking body measurements for garment fitting. The guide comprises an upright portion of a height at least as great as that of an individual of average height and a spread assembly which is adjustable in height relative to the upright portion. The upright portion includes height measurements to determine different heights to which the spread assembly is adjusted. The spread assembly itself comprises a pair of arms one to each side of the upright portion. The arms of the assembly are adjustable inwardly and outwardly to different spread positions relative to the upright portion and the spread assembly is provided with a measuring guide to determine positioning of the arms in the different spread positions.